



# Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

## Program Name Stoughton, Fit-4-Life

### Contact Information

<b>Main Contact Person</b> Aaron Carrel, MD
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<b>Agency Affiliation of Contact</b> UW
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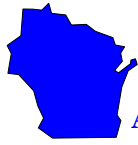
### Program Information

<b>Type of Program</b> School
<b>Year Coalition was Formed</b> 2003
<b>Primary program focus</b> Both Physical Activity & Nutrition
<b>Region</b> Southern
<b>County</b> Dane
<b>Coalition Web Site Address</b>

### Program Information

<b>Represented Groups on Coalition</b> Health Care Schools University	<b>Represented Professions on Coalition</b> Dietitian Educator Exercise Specialist Physician
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A Wisconsin Nutrition and Physical Activity Program



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## Intervention Name Physical Activity

### Intervention Information

<b>Type of Intervention:</b> Physical Activity Resources
<b>Focus Area:</b> General Physical Activity & Nutrition
<b>Intervention Site or Setting:</b> School
<b>Scope of Intervention:</b> School
<b>Target Audience:</b> All races and genders Ages 5-11, 12-19
<b>Total Population in Area Served:</b> ?
<b>Number of Participants:</b> ?
<b>Implementation Status:</b>

### Partners:

### Unique Funding:

### Evaluation:

Health Indicator and survey – semi-annually  
Service data and direct observation -  
monthly

### Evidence-Based or Best Practice based on

### Products Developed or Materials Used:

### Intervention Description:

A Wisconsin Nutrition and Physical Activity Intervention